

# BASKETBALL WORKOUTS

## With weights



### WORKOUT PLAN ONE

#### DAY 1:

- Warm-up
- Back Squats: 3 sets of 12-15 reps
- Leg Press: 3 sets of 12-15 reps
- Lunges: 3 sets of 12-15 reps with each leg
- Romanian Deadlifts: 3 sets of 12-15 reps
- Calf Raises: 3 sets of 15-20 reps

#### DAY 2:

- Warm-up
- Dumbbell Bench Press: 3 sets of 12-15 reps
- Pull-ups: 3 sets till failure
- Dumbbell Incline Press: 3 sets of 12-15 reps
- Single-Arm Dumbbell Rows: 3 sets of 12-15 reps with each arm
- Dips: 3 sets till failure
- Bent-Over Rows: 3 sets of 12-15 reps
- Military Press: 3 sets of 12-15 reps

#### DAY 3:

- Warm-up
- Split-Squats: 3 sets of 8-12 reps with each leg
- Deadlifts: 3 sets of 8-12 reps
- Glute Ham Raises: 3 sets of 12-15 reps
- Exercise ball Leg Curls: 3 sets of 12-15 reps
- Eccentric Calf Raises: 3 sets of 15-20 reps

#### DAY 4:

- Warm-up
- Pull-Ups: 3 sets till failure
- Incline Press: 3 sets of 12-15 reps
- Front Raises: 3 sets of 15-20 reps
- Lateral Raises: 3 sets of 15-20 reps
- Lateral Raises: 3 sets of 15-20 reps
- Rear Delt Raises: 3 sets of 15-20 reps
- Biceps Curls: 3 sets of 12-15 reps
- Triceps Extension: 3 sets of 12-15 reps

## **WORKOUT PLAN TWO**

### DAY 1:

- Warm-up
- Back Squats: 3 sets of 4-8 reps
- Pause Squats: 3 sets of 3-6 reps
- Reverse Hyperextensions: 3 sets of 8-12 reps
- Exercise ball leg curls: 3 sets of 8-12 reps
- Calf Raises: 3 sets of 12-15 reps

### DAY 2:

- Warm-up
- Bench Press: 3 sets of 4-8 reps
- Floor Press: 3 sets of 4-8 reps
- Bent-Over Rows: 3 sets of 4-8 reps
- Military Press: 3 sets of 4-8 reps

### DAY 3:

- Warm-up
- Front Squats: 3 sets of 3-6 reps
- Romanian Deadlifts: 3 sets of 8-12 reps
- Back Raises: 3 sets of 8-12 reps
- Exercise ball Leg Curls: 3 sets of 8-12 reps
- Calf Raise: 3 sets of 12-15 reps

### DAY 4:

- Warm-up
- Dumbbell Bench Press: 3 sets of 8-12 reps
- Pull-Ups: 3 sets of 8-12 reps
- Military Press: 5 sets of 4-8 reps
- Lateral Raises: 3 sets of 12-15 reps
- Rear Delt Raises: 3 sets of 12-15 reps
- Biceps Curls: 3 sets of 12-15 reps
- Triceps Extensions: 3 sets of 12-15 reps

## **SPEED & EXPLOSIVE POWER IN BASKETBALL TRAINING**

If you've already got a good workout routine, we've collected some exercises below for you to incorporate. These place a major emphasis on lateral movement and explosive energy, while also maintaining mobility and speed.

While losing is bad, getting injured is usually worse. These movements will maintain and improve the mobility you need in basketball, helping you to prevent injuries such as sprained ankles and ACLs.

## LUNGES

Lunges are probably one of the best exercises to prepare you for basketball. The lateral lunge, for example, is a terrific way to practice the side to side shuffling motion during defensive plays, helping you to stretch out your hips. Moreover, these can also be done as a standard dumbbell lunge. If done till failure, the dumbbell lunge can double as an amazing conditioning exercise.

In order to perform the exercise, hold a dumbbell in each hand, and step forward with your right foot, bending the knee 90-degrees. You want the motion to be smooth, eyes forward, and back straight. Pause at the bottom and either go back into the starting position or step forward to do walking lunges.



## GLUTE BRIDGE

Want to **jump higher**? Who doesn't—especially in basketball, so you're going to have to train those glutes. And if you think that you're too short, let us introduce you to Anthony Jerome "Spud" Webb. One of the shortest players at 5 '7", he's known for having won a dunking competition.

To begin the movement, you want to lie down on your back with your knees bent at a 90-degree angle and feet remaining flat on the ground. Tightly squeeze a soft object between your legs (like a towel) and engage your glutes so as to bridge your hips upwards.

Only your heels and shoulders should be touching the ground. Maintain the position for a few seconds at the top, and slowly lower back down.

## LATERAL BOUND

While lateral lunges can help with defensive slides, the lateral bound will be a great way to train fast cuts and other sideways movements.

Balance on one of your legs and squat slightly, with the other leg off the ground. Engaging the leg muscles and glutes, jump off the squatting leg and land on your other one as softly as you're able to. Make sure to keep your balance and pause after each jump for a few counts. Repeat for alternating legs.

## EXERCISE BALL LEG CURL

This movement develops your posterior chain, much like the glute bridge. It'll improve your vertical jump ability and explosiveness in the hamstring department. Furthermore, you'll be employing a lot of stabilizers to keep you properly balanced.

Lying on your back, keep your feet extended while you put your heels on an exercise ball. Engage the glutes in order to raise your hips. The ball should move towards you, but don't drop down the hips throughout the entire movement. Reverse the movement by extending the legs, then repeat for the desired amount of reps.



## ROMANIAN DEADLIFT

The deadlift is one of the **greatest lifts** to train explosiveness, and the same is true for the Romanian variation. Its greatest strength is developing the hip-hinge movement, which is where most of your jumping power really comes from. Your entire posterior chain will benefit from adopting this exercise into your training routine.

The Romanian variant of the deadlift is better for our goals since it begins from a standing position, effectively engaging more of the hamstrings and glutes. The traditional deadlift, on the other hand, places a greater focus on the quads and the mid-back area.

Begin the lift by holding the barbell with an overhand grip at the hip level. Continue by drawing the shoulders back while keeping your spine in an aligned position. Focus on the hip-hinge as you push your hips back and the bar is slowly lowered toward the feet. Driving through the feet and pressing your hips forward, return back into a standing position with the barbell resting in front of your thighs.